



## Hinton Around the Yard & Garden

HORTICULTURE  
NEWSLETTER  
by Adrian C. Hinton,  
USU - Utah County

### GREETINGS FROM THE COUNTY AGENT



**Welcome to Fall 2002....**

When are we going to see the end of this drought!!!

With the cool frost in the spring and the very hot temperatures in the summer, this season has been a real challenge for us individuals with green thumbs.

Thanks to all who made entries in the Utah County Fair. We hope it will get even better next year!

Have a great harvest.



### TIMELY TIPS FOR SEPTEMBER-OCTOBER

- Attend the State Fair September 5 through 15, 2002. Bring all your best produce on September 4<sup>th</sup> from noon until 6:00 p.m. to the Horticulture Building at the Utah State Fairgrounds. There is a \$1.00 entry fee per entry.
- Fall planting of trees and shrubs can begin now.
- Keep up on weather forecasts. Watch for heavy winds, much needed rain and especially for early frosts.
- Even though it's cooling down, you still need to deep soak your trees and shrubs.
- The last chance to sod or seed new lawns is about September 15<sup>th</sup>.
- About the 20<sup>th</sup> of September, divide peonies if necessary.
- Learn the best methods to store vegetables. We have books and pamphlets on vegetables here at the Extension Office.
- October is a great time to buy and plant your spring bulbs. Be sure to plant at proper depth and use a complete bulb fertilizer.
- Start cleaning and sharpening garden tools to prepare them for next spring.
- Start shopping seed catalogs for next year's gardens. Have some fun and try something new.



## Hinton Around the Yard & Garden

### Conserving Water in the Landscape

Irrigating at the right time and in the right amount can permit water conservation and optimum plant growth, even under irrigation restrictions. There are several other cultural practices that can be used to conserve irrigation water.



- Irrigate early in the morning when temperatures are cool and when the wind is not blowing so that less water is lost to evaporation.
- Apply mulches in the gardens and around trees and shrubs to reduce water loss from soil surface evaporation.
- Maintain irrigation systems so that water is applied as appropriate pressures, leaks are repaired and alignment is correct.
- Mow turfgrass frequently at a height of 2 1/2 to 3 inches. This improves tolerance of hot, dry conditions.
- Increase infiltration of water by core aerating turf to reduce compaction and thatch.
- Segregate landscape plants according to water requirements to reduce over watering of low water use plants yet maintain high-water use plants.
- Use drip or trickle irrigation systems to reduce the amount of water used in the landscape or garden.

Michael Pace, Millard County Utah State University Extension

## Deer-O-Scaping

By Paul Wilkey Master Gardener/Horticulturist

Some of the more common year-round problem calls we receive at the Extension office deal with deer damage. In order to gain some sort of control, we have to learn to understand some of the habits of deer.

Deer are usually a plains animal, but because of high populations in the valley, in this area the deer have moved to the mountains. Unfortunately for the deer, that is where the bulk of building is currently going on along the Wasatch Front. To be fair to the deer, we have to find a way to get along with these animals as we encroach upon their feeding ground.

Deer typically graze at the edge of wooded cover. They venture out to feed and later retreat back into the protection of the trees. To them, the edge is crucial. Deer can't eat larger trees because most often they can't reach the edible parts so they venture into areas with younger trees and tender new growth.

In order to keep deer away from populated areas, we can alter their feeding area by using a method called "Deer-O-Scaping." Simply put, that means we can plant the foods they like in areas we want them to feed in, and plant the foods they dislike in areas we want them to stay out of. For example, you can plant items like catnip, onion, garlic, sage, spearmint or yarrow around the perimeter of your property to deter deer from entering your property. These plants are known to repel deer. Just keep in mind that unless you own the land or have permission, attempting to change the area may lead to some serious problems. In other words don't try and alter your neighbors landscape.

A particularly appealing treat for deer are bulbs. However, some are more appealing than others. To them, tulips are tasty while daffodils are not. If you order bulbs through a catalog, most often the catalog will tell you which ones deer like.



Other control methods involve the scent factor. Fowl smells  
(Continued on page 4)



## Hinton Around the Yard & Garden

### National Pest Alert

## West Nile Virus in North America

West Nile encephalitis, a mosquito-transmitted disease, was first documented in North America during the summer of 1999, when an outbreak occurred in New York City. Since that time, cases of West Nile Virus (WNV) infection have been confirmed in northeastern, north central and southern regions of the United States, and the virus is expected to spread throughout North America. It has been detected in all but seven of the lower 48 states. As of August 2002, there were almost 300 confirmed cases of WNV, claiming at least 14 lives.

Of 738 cases of clinical WNV infection reported in horses (from 130 counties in 20 states), 651 cases were verified through diagnostic testing at the National Veterinary Services Laboratories in the U.S. Department of Agriculture–Animal and Plant Health Inspection Service, and 156 horses have died or were euthanized. An equine vaccine is available in some states through licensed veterinarians.

The strain of WNV circulating in the United States causes significant mortality in exotic and native bird species, especially in the American crow (*Corvus brachyrhynchos*). *Dead birds serve as an early warning that the virus may be active in your area, and these deaths should be reported to your local health department.*

### Origin of WNV

WNV was first isolated in 1937 in the West Nile province of Uganda, Africa, and can adversely affect humans, birds, and other animals in Africa, eastern Europe, western Asia, and in the Middle East. Epidemics have occurred in Africa, Europe, and the Middle East, most recently in Israel during 2000.

### Virus Transmission

WNV is transmitted by infected mosquitoes, primarily *Culex*, *Aedes*, and *Ochlerotatus* spp. *C. pipiens*, the northern house mosquito, which is a common household mosquito and the primary vector of WNV. Mosquitoes become infected after biting infected wild birds that serve

as the primary host of the virus. The virus undergoes a reproductive cycle inside the mosquito, in which it must pass through the mid-gut wall, multiply in many tissues, and accumulate in the salivary glands of the mosquito. Mosquitoes salivate every time they bite, and they are capable of transmitting the virus 10 to 14 days after feeding on an infected bird, so bites after that time are infectious.

### Mosquito Life Cycle

Mosquitoes are classified into the order Diptera (true flies) and have four distinct life stages:

- Egg
- Larva
- Pupa
- Adult



Female mosquitoes lay their eggs on water or moist substrates such as soil and the interior walls of tree holes, cans and old tires that are likely to be flooded by water. Most larvae hatch within 48 hours and the larvae and pupae live in water. The adult mosquito emerges from the pupal case and rests on the water's surface until its body dries and its exoskeleton hardens. Female mosquitoes require a blood meal before they can lay eggs, so only female mosquitoes bite. They bite every few days during their entire adult lives, which may last several weeks.

### USDA Regional Pest Management Centers



### Bats to the Rescue

Bats eat tons of insect pests, saving farmers and foresters billions of dollars annually. They disperse seeds which help regenerate rainforests. They pollinate plants which help maintain whole systems of life. Yet they are needlessly exterminated daily.

While long-standing myths have branded bats as undesirable, the truth is these shy, gentle creatures are ecologically indispensable.

All mammals can contract rabies; however, even the less than a half-of-one-percent of bats that do normally bite do so only in self-defense and pose little threat to people who do not handle them. Keeping the West Nile Virus in mind, worldwide bats are an important natural enemy of night-flying insects. A single little brown bat can catch 1,200 mosquitoes in just one hour.



### *Deer-O-Scaping, continued*

can deter deer from entering your property. Items such as human hair, bars of soap, garlic oils and rotten eggs can turn deer away. However, deer can become wise and ignore these smells, so it's best to use four or more of these kinds of items and then rotate them weekly to confuse the deer.

Sirens, whistles, horns and bells work great as a one-time shot. They startle the deer, but they soon learn that the noises won't harm them, which renders this method useless very quickly.

One method that seems to be very effective is the use of monofilament fishing line. Use a heavy gauge line to build a perimeter around the area you want to protect. Place the line on stakes at about knee-high height. When deer touch it and can't see what it is, they leave the area immediately. Again, once the animals figure out that the fishing line won't hurt them, it's no longer an effective method.

In the long run, Deer-O-Scaping may take longer to establish, but the long-term results are worth it. If you need help to determine which plants to plant, we have printed materials in our office that include which plants to use and which not, as well as how to properly place them. We can also help you with websites. Just for fun, here's one to try: <http://www.garden.com/cgi-bin/rell.c/gedesign>. Once there, click on "deer resistant" to receive a plant list that will deter deer.

A lot of patience goes a long way with Deer-O-Scaping, but the challenge can be fun and it does work.

### Going to the State Fair?

Adults : \$6.00

**Dates: September 5-15**

Seniors, 62 & older: \$5.00

Children, 6 through 16: \$4.00

Children, 5 & under Free

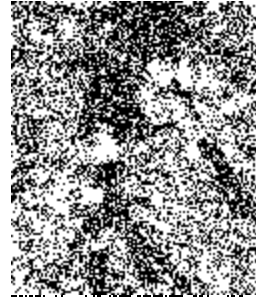
One-Person Season Gate Admission \$30.00

Fair Hours: Sunday - Thursday 10:00 am - 10:00 pm

Friday - Saturday 10:00 am - 11:00 pm

Exception: September 5<sup>th</sup> - gates open at 3:00 pm

## Help Your Thirsty Trees Get Through Winter and Next Summer



Here in our office we have spent endless summer hours diagnosing different problems with shrubs and trees in our area. Out of all tree diseases, pest problems and funguses there is usually one common catalyst—WATER. Trees that are not watered correctly, particularly in a drought year, are surely going to suffer. Here are a few simple watering techniques we recommend to properly help your trees survive winter and future drought conditions:

- Trees need to be deep soaked (3-4 feet deep) every 10 to 14 days. Sprinkler water will NOT give your tree the deep soak that it needs. We have had several years of drought that has dramatically reduced our ground water. Trees that have survived on sprinkler water in past years are now starting to show signs of dehydration.
- Trees need to be watered at the drip line, not near the trunk of the tree. A tree's feeder roots lie under the outer branches of the tree; this is the area that we call the "drip line". The roots near the trunk of the tree are mainly structural and, if constantly wet, may rot.
- Soaker hoses and drip systems are the best way to get a good deep watering. With our soil here in Utah County our trees need slower, longer, deeper watering. Put the soaker hose or drip system around the drip line of the tree and let it soak 4 to 6 hours, but be careful not to let the water pool up around the trunk.
- Fall is the most important time to water your trees and shrubs because trees need to be well hydrated to survive the winter. Trees also store much of their water for the next year's season in the fall. We recommend deep watering your trees and shrubs several times this fall, around October.

We are in a drought period, and many of us face water restrictions, but always keep in mind that deep watering trees does not waste water, and it will save our trees.

*Hannah Petersen, Horticultural Assistant*



Improving Family  
Resources & Health

**CLOSE TO HOME**

by Judy Harris, USU Extension Agent in Utah County

## *Canning Quick Breads?* **Don't Do It!!**

**What is happening:** Home cooks are baking products such as zucchini bread in wide rimmed canning jars and putting the lids and rings on immediately after removing from the oven. As the product cools, a vacuum seal is formed.

**What's the problem:** The product has the potential to cause botulism poisoning! This procedure creates a favorable environment that would allow the development of botulism toxin—low oxygen, low acid, and available moisture.

**Why is botulism toxin poisoning a concern with *canned quick bread* but not with products baked conventionally?** Normally quick breads are not held under vacuum so botulism is not a concern. However, vacuum sealing the bread in a jar provides the airless condition necessary for botulism toxin.

**Wouldn't the heat of baking the bread kill the potentially harmful microorganisms?** No. *C. botulinum* is a spore former, and the spore is very heat resistant.

**Wouldn't being a spotless cook eliminate the risk of botulism spore being in the canning jar?** No. *C. botulinum* is found in the soil. The cleaning and processing of the ingredients used in the bread would decrease its likelihood of being present, but by no means insure its absence. The spore could also be introduced into the batter by being in honey, on grated zucchini, or on dust particles in the air.

**Efforts to find a recipe for a safe product:** USU conducted research to see if it was possible to either change the acid level enough to control *C. botulinum* or add enough sugar to control water activity (the amount of moisture available to the microorganism) while still having a palatable zucchini bread. The food scientists were unable to formulate a safe product.

**Recommendation:** Zucchini bread, banana nut bread, or similar products should either be fresh or frozen.

DO NOT CAN IT!

DO NOT EAT IT IF SOMEONE GIVES YOU  
A HOME CANNED QUICK BREAD!

## *Reality's in the Fine Print*

A valuable consumer skill is learning to read ads critically. The big print in eye-catching color is the truth . . . but it isn't the whole truth. For the complete picture you need to read the tiny, boring-looking print.

This is also a good exercise to do with teens. Save ads from the paper and credit offers in the mail to use as examples. (Write void on all applications and eliminate your name and address before either teaching or tossing these materials.)

Here are two important basics to focus on:

**Z** The big print giveth and the small print taketh away.

**Z** Always, always track down the text (fine print) associated with an asterisk.

For example, if the big print trumpets an introductory APR (Annual Percentage Rate) of 2.9% look for what the rate(s) will be *after* the introductory period. Search for other possible triggers for higher APR, such as late payments.

Check out the various fees on each credit card offer. Banks make as much money from fees as they make from interest—so watch out for them!

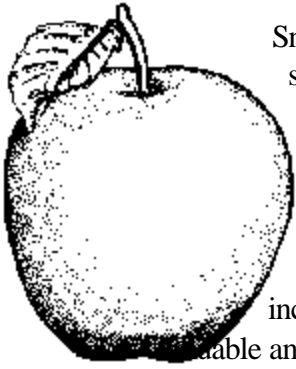
Study the box that *must* be included with all credit offers so that consumers can more readily compare offers. It often is printed in tiny print and sometimes pale ink.

Scrutinize the credit offer that is printed to look like a check. What is the real deal?

If the newspaper insert has a banner announcing **"0 Down & 0 Interest for One Full Year\*"** track down the text (usually tiny print) associated with the asterisk that spells out the costs if full payment is *not* made within the year. (Often if payment has not been made in full, the interest will be calculated from the *first* of the loan, including the part already paid!)

*Analyzing credit offers is a crucial life skill.  
Adults & teens need to learn it well.*

# Snacking Smarts



Snacking *can* be a great way to help support a healthy diet and lifestyle. Plan snacks to fill in nutritional gaps. If, for instance, individuals don't get 5-7 servings of fruits and vegetables at meals, planned snacking can be an opportunity to increase consumption of these valuable and tasty foods.

Having healthy snacks readily available around the home will promote nutritious snacking.

- Have the snacks prepared to eat. Children will eat oranges when they are sliced or peeled into wedges. Rarely will they take the time to peel an orange and eat it.
- Have snacks in places where there is high traffic. This way, children will more likely eat them.

**Young children** have such small stomachs, that snacking is one of the only ways that they will get all of the nutrients they need. A good way to promote snacking in younger children is to make their food look fun. Here is one idea of taking a common snack and presenting it in an appealing way.

## The Surprise Plate

A snack or light meal can be created by making a surprise variety plate. The plates can be big or small. Apples with cheese, cut up hot dogs, orange slices, peanut butter on celery sticks, crackers with a scoop of cottage cheese and jam, dry cereal, dried fruit, graham crackers, fruit snacks, popcorn, fruit kabobs, and even occasional cookies are all ideas that you could include in your surprise plate. Simply find four or five items around the kitchen, and put small portions on a plate. Surprise your children with a fun snack. Preschoolers and teens alike will devour this idea. (This is a family favorite of BYU intern Jennifer Williams.)

## Apple Smiles

Ingredients: apple, peanut butter, & mini-marshmallows. Cut apple into six or eight wedges. Spread peanut butter on *one side only* of each wedge. After you have spread peanut butter on the wedges, stick two of the wedges together putting peanut butter sides together. Between the apple "lips" place a few mini-marshmallows in the peanut butter and you have an apple smile!

## Applesauce Toast

1 Tablespoon soft margarine, melted  
1 ½ Tablespoons sugar  
cinnamon and nutmeg to taste  
4 slices whole wheat bread  
1 cup applesauce

Mix margarine, sugar, applesauce, cinnamon and nutmeg. Spread on bread slices. Broil on a cookie sheet 1-2 min. (EFNEP materials, Cooperative Extension)

Sending healthy snacks with a **student** can also be beneficial. Think of snacks that can easily fit in a back pack, and that will not spoil or make a mess. Remind your children to only eat the snacks between classes. Portable snack ideas include:

- Bagels in a plastic bag with zipper closure
- Granola bars
- Rolls
- Fruit leather or dried fruit
- Nuts and raisins
- Crackers
- Carrot sticks
- Pretzels
- Dry cereal
- Rice cakes
- Peanut butter and jelly sandwich
- Sealed fruit drinks
- String cheese
- Jerky
- Popcorn sprinkled with flavored gelatin (instead of butter and salt).
- Prepackaged pudding or applesauce.

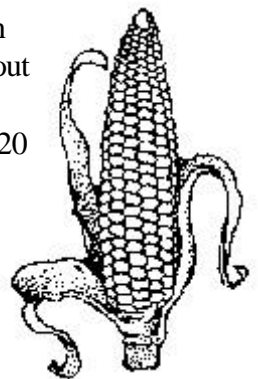
Remember that school lunch can be as early as 11:30 am. When students come home from school, they have gone for a long period of time without food. Waiting hours for dinner could be a hard thing for growing children. Have a place in the home where children know that they can find snacks. [Article written by BYU intern Jennifer Williams using information found in Healthy Snacking portfolio Utah State University Cooperative Extension Service.]

## Grilling—It's More than Meat

Grilling adds great flavor to many foods. Try these ideas and then experiment to find your favorites.

**Corn:** Immerse ears of corn (in husk) in cold water 1-2 hours. Grill either in or out of the husk. For in-the-husk, grill over direct heat until husks are charred (15-20 minutes), turning occasionally.

**Tomatoes:** Cut tomatoes in half. Grill 8-12 minutes. Or, skewer cherry tomatoes and grill 2-3 minutes. If you have some freezer space grill extra tomatoes, puree, and freeze. This is a wonderful addition to soups and stews.



(Source: National Pork Board, 1994)

## Caregivers Night Out

The purpose of this support group is to provide peer support, education, and hands-on training to assist caregivers in their challenges. **Who should attend?** Anyone caring for a disabled loved one three hours or more a week. Anyone with a loved one in a nursing home or care facility. **Where?** It is hosted by the Eldred Center in Provo at 270 West 500 North. **When?** Mark your calendars for 6:30 p.m. on the first and third Tuesdays of each month. RSVP to Debbie at 229-3804 (Mountainland Department of Aging).

### Educational Series for Caregivers

Free series sponsored by Mountainland Department of Aging and held at 11:30 a.m. every 2<sup>nd</sup> and 4<sup>th</sup> Thursday at the Eldred Center at 270 West 500 North in Provo.

The next two topics are:

Sep 12 Isn't There Another Way?

*alternative forms of care*

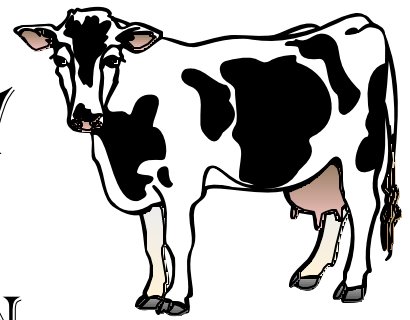
Sep 26 It's Been Lovely, But I Have to Scream Now!

*stress management*

### Caregiver's Prayer

Dear God,  
So far today, I've done all right.  
I haven't gossiped,  
I haven't been greedy, grumpy, nasty,  
Selfish or frustrated.  
I'm very thankful for that.  
But in a few minutes God,  
I'm going to get out of bed and from then on,  
I'm going to need a lot more help!  
Amen

## THERE'S A COW IN THE KITCHEN



Break the cycle of buying powdered milk, dumping old powdered milk, buying more powdered milk, again and again. Learn to use and enjoy the powdered milk you buy!

Learn tasty and easy ways to enjoy powdered milk, including 5-minute cheesecake, hard cheese, Mexican day cheese, cottage cheese, Allemande sauce, smoothies, breakfast drinks, pudding and pies, whipped "cream" topping, mock sour cream, mock cream cheese, yogurt, and chowder. Sampling the foods will show you the tasty possibilities!

The presenter will be Darlene Carlisle (a student of Virginia D. Nelson, author of *There's a Cow in the Kitchen: A Guide to Cooking with Powdered Milk*).

For those who want an excellent printed reference, copies of the book will be available for \$7 each.

Class is Tuesday, September 17, from 7-9 p.m. in the ballroom (room 306) of the Historic Courthouse in Provo. (Turn east onto 100 South for off-street parking.) Since class size is limited to 40, *please* contact Judy at 370-8460 x2 if you need to cancel your registration (so someone on the waiting list could attend). No refunds after September 13 (the Friday before class)

### Registration—*There's a Cow in the Kitchen*—17 September 2002

Name(s): \_\_\_\_\_

Daytime phone(s) or answering machine: \_\_\_\_\_

Address: \_\_\_\_\_

Enclose check (\$3 per person) payable to Utah State University and mail to :  
USU Extension, 51 South University Avenue, Room 206, Provo, Utah 84601



## Upcoming Program to Attend:

There's a Cow in the Kitchen: Using Powdered Milk,  
September 17, 7-9 p.m.. See page 7  
Educational Series for Caregivers, see page 7

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## Teen's Emotional Changes

Ways to help:

# Share your own feelings—about how you felt as a teen, or how you're feeling about the changes in your relationship. Say: *"I miss the things we used to do together"* rather than *"You never stay home anymore."*

# Don't forget to LOVE them. Three good ways to communicate love: acceptance, appreciation, affection.

# Don't forget to LISTEN to them:

Q Show interest. Look at teen, turn towards him or her, nod, say "uh huh."

Q Don't interrupt. Don't jump in, contradict, or minimize.

Q See if you understand by saying, "Do you mean...?" or "It seems like.... Is that what you're saying?"

Q Show understanding. "I didn't know that's how you were feeling. I'm glad I understand a little better now." (Source: Don't Forget to Remember: The Teen Years by Thomas R. Lee, Ph.D.)

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Utah County Office  
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It's time to renew if your  
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11/2002 or 12/2002



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The phone for USU Extension is 370-8460. If you do not have a touch tone phone, stay on the line and the receptionist will help you. With a touch tone phone, at the greeting press the number of the desired subject:

- 5) garden, yard, trees, insects
- 2) food, finances, clothing, housing
- 3) pastures, field crops, dairies
- 4) 4-H and youth



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